



City of Newton, MA

INVEST IN YOURSELF

June 2013 Health and wellness newsletter for employees

MOSQUITO-BORNE DISEASE PREVENTION

NEED YOUR BLOOD PRESSURE TAKEN? HAVE A MEDICATION QUESTION?

A nurse from our Health & Human Services Department is available for consultation. Just call ahead to make sure someone is available. Ext. 1420

Zumba continues on Wednesdays in the War Memorial from 5:15 to 6:15 PM. Drop in option available for \$10/class

Email wellness@newtonma.gov

The most common disease spread by mosquitoes in the Newton area is West Nile virus (WNV) infection.

The virus is found in the bird population and spreads when the mosquitoes bite infected birds and then bite humans.

The types of mosquitoes most likely to carry the virus breed in standing water in containers such as flower pots, bird baths, tires, pet water dishes and pool covers. Eliminating these sources can help cut down on the mosquito population.

You can also reduce your risk of WNV infection by avoiding being outdoors when mosquitoes are most active between dusk and dawn, using effective mosquito repellent with DEET, and covering your skin if you must be outside.

Most people infected with

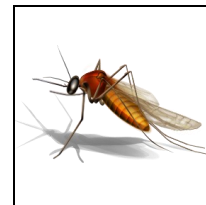
WNV will experience either no symptoms or a mild flu-like illness. About one in 150 people infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent.

People over age 50 are at higher risk of serious symptoms if they do get sick with the virus.

Last year two Newton residents were diagnosed with WNV infection; both recovered. More were likely infected but suffered only mild, if any, symptoms.

Another mosquito-borne disease, Eastern Equine Encephalitis (EEE), is much more serious. It is found in and around freshwater, hardwood swamps because that is where the mosquitoes live who carry the EEE virus.

The preventive tips for EEE are the same as those for WNV, but Newton employees who live in communities with freshwater, hardwood swamps (mostly found in Plymouth and Norfolk counties on the South Shore) should be particularly vigilant about prevention.

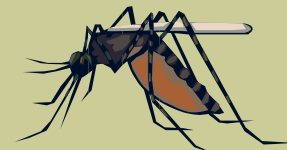


SUMMER CRITTERS LUNCH & LEARN

Come join us on **Thursday, June 27 at 12 noon** in City Hall Rm. 222 for another exciting Lunch & Learn!

This month we will be having Senior Environmental Health Specialist John McNally, RS and Linda Walsh, RN, talk about summer critters. They will discuss mosquito and tick borne diseases such as West Nile Virus and Lyme Disease, symptoms, and the best ways to prevent them.

A light lunch is included for those who RSVP by Tuesday, June 25 to wellness@newtonma.gov





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LEAD POISONING: WHAT YOU NEED TO KNOW

Did you know that houses built prior to 1978 were mostly painted with lead paint? Sometimes older homes can have lead paint on the exterior and interior. It is important for residents to be aware of this when renovating, especially if young children live in the home.

Lead can be present in the soil from paint chips from old window/house paint, and can contaminate your soil. Lead can also be present in children's toys, furniture, crafts, office supplies, and clothing. There are many steps you can take to reduce your family's risk of getting lead poisoning:

- Contact your state and local health department to test for the presence of lead (If positive, you

will need to arrange for professional clean-up)

- Make sure your child does not have access to peeling or chipping paint

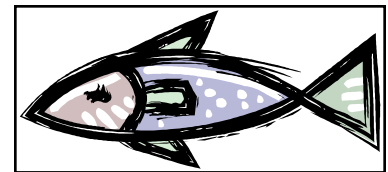
- Pregnant women and young children should not be in a home (built prior to 1978) that is undergoing renovation

- Prevent children from playing in soil or using old painted toys

- Regularly wet-wash floors and window components if the house is known to have lead.

The rates of lead poisoning in Massachusetts are low, however, it is important to understand the risk and take the appropriate precautions to keep you and your family safe.

SALMON CAESAR SALAD



Fabulous for lunch or dinner, this salad is a summertime favorite!

Ingredients:

- 1 lb. salmon filet
- 1 head of romaine lettuce
- 2 tbsp. Caesar dressing
- 1 cup roasted chickpeas
- 1 cup grated or shaved parmesan cheese

Directions:

1. Sprinkle the fish with salt and pepper
2. Put the stove on medium-high with a tbsp. of olive oil. Add the fish (if it has skin, pink side down first). Cook for 3-4 minutes, then flip. The fish will be pale with a slight rosy center (if it is still bright pink and transparent, it is not done).
3. When it's done, place on the counter and cut into 4 pieces
4. Put all ingredients (and any others veggies you want in there) except salmon into a large bowl and toss. Taste a piece of lettuce to make sure there is enough dressing.
5. Divide salad among 4 plates and add a piece of salmon to each, and enjoy!

Taken from chopchopmag.org

EASY SUMMER FUN SAFETY TIPS



Summer is a time for outdoor fun! Use these tips to

keep your family and friends safe this summer:

- Wear a broad spectrum (UVA and UVB) protective sunscreen when outdoors (even when there are clouds!)
- If you are out boating, wear a life jacket even if

you're a good swimmer

- Have a natural disaster emergency plan for your family
- Check yourself and family for ticks after being in the woods
- Wear bug spray and empty containers with standing water
- Only let professionals set off fireworks!

See www.cdc.gov for more information